

Crisis Helplines and Services

Canada-wide	
Kids Help Phone (Canadians 5 to 29)	Call 1-800-668-6868 (toll-free) or text CONNECT to 686868 Facebook Messenger (24/7): https://kidshelpphone.ca/get-virtual-support-with-facebook-messenger Live Chat in English or French (7pm to 12am ET, accepting new chats until 11:15pm): https://kidshelpphone.ca/live-chat-counselling/
Youthspace.ca	Youth Text (6pm to 12am PST): 778-783-0177 Youth Chat (6pm to 12am PST): www.youthspace.ca
Canada Suicide Prevention Service (English or French)	1-833-456-4566 (24/7) or text 45645 (4pm to 12am ET) https://www.crisisservicescanada.ca/en/
Hope for Wellness Help Line (Indigenous peoples across Canada)	1-855-242-3310 (toll-free, 24/7) or connect via chat https://www.hopeforwellness.ca
Alberta	
Alberta & Northeastern Saskatchewan – Distress Centre Calgary	Crisis line (24/7): 403-266-4357 Crisis Chat Support (3pm to 10pm MT): www.distresscentre.com ConnecTeen (24/7): 403-264-8336 ConnecTeen Text (daily): 587-333-2724 ConnecTeen Chat Support: www.calgaryconnecteen.com
Wood’s Homes	Toll Free (24/7): 1-800-563-6106 Crisis Line (24/7): 403-299-9699 Text (9am to 10pm): 587-315-5000 Live chat (9am to 10pm MST): www.woodshomes.ca
Chinook Health Region & South Calgary Region – Distress and Suicide Prevention Line of Southwestern Alberta (CMHA – Alberta South Region)	Crisis Line (24/7): 403-327-7905 https://lethbridge.cmha.ca

Edmonton & Northern Alberta – CMHA Edmonton Region	Crisis Line (24/7): 780-482-4357; 1-800-232-7288 (if outside greater Edmonton region) https://edmonton.cmha.ca
The Support Network	Distress Line (24/7): 482-4357 Phone links with Drayton Valley, High Prairie, and WestView & Aspen Health Authorities regions. 1-800-232-7288 https://www.securewebexchange.com/thesupportnetwork.com/programs_and_services/distress_line.htm
Fort McMurray & Northeastern Alberta – Some Other Solutions Society for Crisis Prevention	Crisis Line (24/7): 780-743-4357 https://www.someothersolutions.ca
Lakeland Region – Dr. Margaret Savage Crisis Centre	Crisis Line (24/7): 780-594-3353 https://dmscc.ca
Strathmore & Area – Wheatland Shelter Society	Crisis Line (24/7): 403-934-6634 Toll Free: 1-877-934-6634 https://strathmoreshelter.com
Salvation Army Community & Family Centres Hope Line	Phone (9am to 11:30pm, Monday to Friday): 780-424-9223
British Columbia	
Crisis Line Association of BC (over 140 languages)	1800SUICIDE (24/7): 1-800-784-2433 310 Mental Health Support (24/7): 310-6789 https://www.crisislines.bc.ca
KUU-US Aboriginal Crisis Line	Toll Free (24 hours): 1-800-588-8717 Adult/Elder Crisis Line (24 hours): 250-723-4050 Child/Youth Crisis Line (24/7): 250-723-2040 https://www.healthlinkbc.ca/mental-health-substance-use/resources/kuu-us-crisis-line
Alcohol & Drug Information and Referral Service	Toll Free: 1-800-663-1441 Lower Mainland: 604-660-9382 https://www.healthlinkbc.ca/mental-health-substance-use/resources/adirs

BC Interior – Interior Crisis Line	Toll Free (24/7): 1-888-353-2273 Online chat: http://www.interiorcrisisline.com/crisischat
Lower Mainland and Sunshine Coast/Coastal Region – Vancouver Crisis Line	Toll Free (24/7): 1-866-661-3311 Toll Free TTY (24/7): 1-866-872-0113 https://crisiscentre.bc.ca/contact-us/
Fraser Valley – Fraser Health Crisis Line	Toll Free (24/7): 1-877-820-7444 Crisis Line (24/7): 604-951-8855 https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/emergency-help-for-mental-health-and-substance-use-concerns#.YHuMYy-96RY
Northern BC Crisis Centre	Toll Free (24/7): 1-888-562-1214 Crisis Line (24/7): 250-563-1214 Toll Free Youth Support (24/7): 1-888-564-8336 Youth Support (24/7): 250-564-8336 Crisis Chat (4pm to 10pm): www.northernyouthonline.ca
Richmond, South Delta, Ladner & Tsawwassen – Chimo Crisis Services Crisis Lines	Crisis Line (8am to 12am): 604-279-7070 http://www.chimoservices.com/get-help/crisis-line
Vancouver Island Crisis Line Text	Crisis Line (24/7): 1-888-494-3888 Crisis Text Services (6pm to 10pm PT): 250-800-3806 Crisis Chat Services (6pm to 10pm PT): https://www.vicrisis.ca
Manitoba	
Manitoba Suicide Prevention & Support Line	Toll Free (24/7): 1-877-435-7170 http://reasontolive.ca
Klinic Community Health	Crisis Line (24/7): 204-786-8686; 1-888-322-3019 https://klinik.mb.ca Toll Free MB Farm, Rural & Northern Support Services (24/7): 1-866-367-3276 Online Crisis Chat: https://klinik.mb.ca

First Nations and Inuit Hope for Wellness Help Line (English or French, upon request in Cree, Ojibway, and Inuktitut)	1-855-242-3310
New Brunswick	
Chimo Helpline	Provincial Helpline Toll Free (24/7): 1-800-667-5005 Live chat (5pm to 12am): http://www.chimohelpline.ca
Réseau de Santé Vitalité Health Network Mobile crisis response services	Bathurst: 506-547-2110; Caraquet, Shippagan, Tracadie – 506-336-3367 Beauséjour: Moncton, Shediac, Richibucto, and Kent, Westmorland and Albert counties – 1-866-771-7760 Nord-Ouest: Edmundston, Grand Falls, Kedgwick – 1-844-398-4718 Restigouche: Campbellton – 506-789-8088 https://www.vitalitenb.ca/en/points-service/mental-health/mobile-crisis-response-services
Réseau de Santé Vitalité Health Network Community mental health centres (8am to 4:30pm, Monday to Friday)	Bathurst Community Mental Health Centre: 506-547-2110; Youth Services: 506-547-2038 Campbellton Community Mental Health Centre: 506-789-2440 Caraquet Community Mental Health Centre: 506-726-2030 Edmundston Community Mental Health Centre: 506-735-2070 Grand-Sault Community Mental Health Centre: 506-475-2440 Kedwick Community Mental Health Centre: 506-284-3431 Moncton Community Mental Health Centre: 506-862-4144 Richibucto Community Mental Health Centre: 506-523-7620, 1-866-662-1166 Shippagan Community Mental Health Centre: 506-336-3367 Tracadie Community Mental Health Centre: 506-394-3760 https://www.vitalitenb.ca/en/points-service/mental-health/adults/community-mental-health-centres

Newfoundland and Labrador	
CMHA - Mental Health Crisis Centre	Toll Free (24/7): 1-888-737-4668 Crisis Line: 709-737-4668 http://cmhanl.ca/get-help/
St. John's – Waterford Hospital – Mental Health & Addictions	Toll Free (24/7): 1-888-737-4668
Northwest Territories	
NWT Help Line	Toll Free (24/7): 1-800-661-0844 https://www.hss.gov.nt.ca/en/services/nwt-help-line
Nova Scotia	
Mental Health and Addictions, Nova Scotia Health Authority	Toll Free (24/7): 1-888-429-8167
Nunavut	
Nunavut Awareness Centre Crisis Line (English, and may be available in French and Inuktitut)	NWT Crisis Line (9pm to 1am, ET): 1-800-661-0844
Kamatsiaqtut Help Line (English, and may be available in French and Inuktitut)	Toll Free (24/7): 1-800-265-3333 (in Iqaluit) 1-867-979-3333
Hope for Wellness Help Line (English, and may be available in French and Inuktitut)	Toll Free (24/7): 1-855-242-3310 Live chat: www.hopeforwellness.ca
Mental Health and Addictions (English, and Inuktitut and French through an interpreter)	Iqaluit Mental Health: 867-975-5999
Ontario	
ConnexOntario	Phone (24/7): 1-866-531-2600 Webchat (24/7): https://www.connexontario.ca/Chat Email: https://www.connexontario.ca/en-ca/send-email https://www.connexontario.ca/en-ca/

Mental Health Crisis Line (16 years or older; English or French)	Outside Ottawa/Toll Free (24/7): 1-866-966-0991 Within Ottawa (24/7): 613-722-6914 https://crisisline.ca
Ontario 211	Live chat service (Monday to Friday 7am to 9pm ET): https://211ontario.ca/chat/ Can speak with someone directly through telephone services, distress and crisis resources across Ontario: https://211ontario.ca
Distress and Crisis Ontario	Text message support: text "SUPPORT" 258258 Chat support under Looking For Support tab on right side of window at https://www.dcontario.org
Distress Centre of Ottawa and Region	Distress Line: 613-238-3311 Text: 343-306-5550
Cambridge – Telecare Cambridge	Crisis Line (11am to 11pm): 519-658-5455 https://www.ementalhealth.ca/index.php?m=record&ID=15914
Durham Region – Distress Centre Durham	Toll Free (24/7): 1-800-452-0688 Crisis Line (24/7): 905-430-2522 https://distresscentredurham.com
Grey Bruce Owen Sound Area	Mental Health Crisis Line (24/7): 1-877-470-5200
Telephone Aid Line Kingston	Crisis Line (6pm to 2am): 613-544-1771 Outside of above hours, call AMHS-Kingston, Frontenac and Lennox & Addington 24-hour crisis line: 613-544-4229
AMHS-KFLA KFL&A Public Health	Kingston & Frontenac Crisis Line (24/7): 613-544-4229, Toll Free: 1-866-616-6005; Kingston & Frontenac Mobile Crisis Services: Monday to Friday (8am to midnight), Saturday to Sunday and holiday (8am to 8pm) Lennox & Addington Crisis Line (24/7): 613-354-7388, Toll Free: 1-800-267-7877; Lennox & Addington Mobile Crisis Services: Monday to Friday (8:30am to 4:30pm) https://www.amhs-kfla.ca/programs-services/crisis/
Lanark, Leeds & Grenville Counties	Distress Centre Crisis Line: 1-800-465-4442

	https://developmentalservices.com/services-distress
Distress Centre Niagara	St. Catharines, Niagara Falls & Area Crisis Line (24/7): 905-688-3711 Port Colborne, Wainfleet & Area Crisis Line (24/7): 905-734-1212 Fort Erie & Area Crisis Line (24/7): 905-382-0689 Grimsby & West Lincoln Crisis Line (24/7): 905-563-6674 https://distresscentreniagara.com
Northern Ontario Talk4Healing for Indigenous women (14 languages)	Toll Free (24/7): 1-855-554-4325
Distress Centre Ottawa & Region	Distress Line (24/7): 613-238-3311 Crisis Line (24/7): 613-722-6914, 1-866-996-0991 Text Line (10am to 11pm): 343-306-5550 https://www.dcottawa.on.ca/i-need-help/
Telecare Distress Centre of Peterborough	Phone (24/7): 705-745-2273
Québec & Ontario Tele-Aide Outaouais (French)	Toll Free (24/7): 1-800-567-9699 Gatineau (24/7): 819-775-3223 Ottawa: 613-741-6433 https://telaideoutaouais.ca
Distress Centres of Greater Toronto Area	Crisis Line (24/7): 416-408-4357 Peel: 905-459-7777
Family Counselling and Support Services for Guelph-Wellington Distress & TeleConnect Line	Toll Free: 1-888-821-3760 Distress Line: 519-821-3760 TeleConnect (8am to 10pm): 519-824-2431
Distress Centre Windsor & Essex County	Crisis Line (12pm to 12am): 519-256-5000 https://windsoressessex.cmha.ca/wp-content/uploads/2016/11/Distress-Centre.pdf

York Support Services Network Community Crisis Response Service	Toll Free (24/7): 1-855-310-2673, 1-888-695-0070 TTY: 1-866-323-7785 Local: 905-898-6455 Text (7am to 12am): 1-855-310-2673 *Currently unavailable Live Chat: https://cope.yssn.ca/home/what-level-of-crisis-are-you-in/get-support/ *Currently unavailable https://www.yssn.ca/310-COPE
Prince Edward Island	
The Island Helpline (English and French)/ CMHA PEI Division	Toll Free (24/7): 1-800-218-2885 https://www.theislandhelpline.com https://pei.cmha.ca
Québec	
Association Québécoise de prévention du suicide	Toll Free (24/7): 1-866-277-3553 https://www.aqps.info
Centre de prévention Suicide Arthabaska-Érable	MRC d'Arthabaska: 819-751-2205 MRC de l'Érable: 819-362-8581 http://www.cpsae.ca
Centre prevention du suicide et d'intervention de crise du Bas-Saint-Laurent	Crisis Line: 418-724-2463 https://www.centredecrisebsl.qc.ca
Centre prévention suicide le Faubourg	Crisis Line: 450-569-0101 https://cps-le-faubourg.org
Centre prévention suicide du KRTB	Crisis Line: 418-862-9658 http://www.cpsdukrtb.org
Saguenay & Lac-Saint-Jean Centre de prevention suicide	Crisis Line: 418-545-1919 http://www.cps02.org
Saskatchewan	
Five Hills Mental Health & Addictions Services	Toll Free (8am to 5pm, Monday Friday): 1-877-564-0543 Crisis Line (8am to 5pm, Monday Friday): 306-691-6464

Hudson Bay & Distinct Crisis Centre/North East Crisis Intervention Centre	Crisis Line (24/7): 1-800-611-6349 http://www.hbfamilyandsupport.ca https://www.neoss.ca
Mobile Crisis Services	Helpline (24/7): 306-757-0127 Crisis Suicide Helpline (24/7): 306-525-5333 Child Abuse Line (24/7): 306-569-2724 http://www.mobilecrisis.ca
Prince Albert Mobile Crisis Unit	Crisis Line: 306-764-1011 https://www.pacrisis.ca
Saskatoon Crisis Intervention Service	Crisis Line (24/7): 306-933-6200 https://saskatooncrisis.ca
Southwest Crisis Services	Help Line (24/7): 306-778-3386 Toll Free (24/7): 1-800-567-3334 https://www.swcrisis.ca
West Central Crisis & Family Support Centre	Crisis Line (24/7); 306-463-1860 http://westcentralcrisis.ca
Yukon	
CMHA Yukon - Reach Out Support Line	Toll Free (24/7): 1-844-533-3030 https://yukon.cmha.ca/home/mental-health/find-help-now/